



You work hard to raise a healthy family. The WIC Program can help.

What is WIC?

WIC, the Women, Infants and Children program, is a nutrition program that helps pregnant women, mothers with infants, infants and young children eat well, be active, and stay healthy.



WIC has Peer Counselors to answer your Breastfeeding questions.

WIC offers families:

- **Nutrition and health education.** Prenatal nutrition, breastfeeding, feeding your child, parenting tips plus much, much more...
- **Education and support for breastfeeding moms and babies.** Group classes, one-on-one support from a peer counselor or lactation specialist and breast pumps for those who qualify.
- **Checks to buy healthy foods such as:**
 - ✓ Milk
 - ✓ Fruits and Vegetables
 - ✓ Juice
 - ✓ Eggs
 - ✓ Cheese
 - ✓ Cereal
 - ✓ Dry beans or peas
 - ✓ Peanut butter
 - ✓ Canned tuna or salmon
 - ✓ Whole grain bread, tortillas, or brown rice
 - ✓ Baby foods
 - ✓ Infant Formula
- **Help in finding health care and other community services.**



- **Have a family income within WIC Guidelines.**
and
- **Are pregnant.**
or
- **Are breastfeeding a baby under 1 year of age.**
or
- **Just had a baby in the past 6 months.**
or
- **Have children under 5 years of age including those cared for by a single father, grandparent, foster parent or guardian.**

Check out our websites:

www.dhs.state.il.us
for the latest income guidelines and to find your local WIC office.

Lake County Health Department
health.lakecountyil.gov.

Like us on Facebook.



What are people saying about WIC?



"I still can't believe how much fruit, vegetables and other food we can buy!"

**-Stephanie,
Winthrop Harbor**



"My family has benefited so much from the useful information WIC provides."

**-Becca,
North Chicago**



"WIC helps keep us active and eating healthy."

**-Maria,
Waukegan**



"Thank you...for the breastfeeding support for me and my family."

**- Suzy,
Mundelein**

WIC Makes a Difference



**Call us at
847-377-8420
To make your
appointment**

Five WIC Locations Near You!

**Waukegan North Chicago
Round Lake Beach Zion
 Highland Park**

You are eligible for WIC while receiving SNAP (Food Stamps) and TANF (Public Aid).

Immigration status does not affect your ability to qualify for WIC.



LakeCounty
Health Department and
Community Health Center

Tony Beltran, MBA
Executive Director

*"USDA is an equal opportunity
provider and employer."*

